

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
240-314-8750

The Swim Center has two indoor and outdoor pools, outside interactive "Sprayground," 150 foot waterslide, dry saunas, whirlpool and new fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**Fees:**  
**M = RSFC Member**  
**NM = Non-RSFC Member**

### Registration Procedures

#### Residents or Swim Center Members

Thursday, Dec. 10, 8:30 a.m.

#### Non-residents or Non-Swim Center Members

Thursday, Dec. 17, 8:30 a.m.

**Registration Deadline**  
One weeks prior to start date.

**No Classes 3/29-4/4**

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

**Mail to:** Swimming Lessons  
RSFC  
355 Martins Lane  
Rockville, MD 20850

**Fax to:** Swimming Lessons  
240-314-8759

**Phone:** 301-762-4284

## Aquatics



### Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City of Rockville does not provide a form for this purpose. Note: Non-toilet trained children must wear a swim diaper under tight fitting vinyl pants. Pants are on sale at the Center.

#### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. ♥

Age: 6-18 mo			M/NM
30478	Tu	1/5-2/16	9-9:30 AM \$62/\$78
30482	Sa	1/9-2/20	10:50-11:20 AM \$62/\$78
30480	Su	1/10-2/21	10:25-10:55 AM \$62/\$78
30479	Tu	2/23-4/13	9-9:30 AM \$62/\$78
30483	Sa	2/27-4/17	10:50-11:20 AM \$62/\$78
30481	Su	2/28-4/18	10:25-10:55 AM \$62/\$78

#### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. ♥

Age: 18 mo-3 yr			M/NM
30486	M	1/4-2/15	2-2:30 PM \$62/\$78
30490	Th	1/7-2/18	9-9:30 AM \$62/\$78
30484	Sa	1/9-2/20	10:10-10:40 AM \$62/\$78
30488	Su	1/10-2/21	9:50-10:20 AM \$62/\$78
30491	Su	1/10-2/21	11:30 AM-12 PM \$62/\$78
30487	M	2/22-4/12	2-2:30 PM \$62/\$78
30493	Th	2/25-4/15	9-9:30 AM \$62/\$78
30485	Sa	2/27-4/17	10:10-10:40 AM \$62/\$78
30489	Su	2/28-4/18	9:50-10:20 AM \$62/\$78
30492	Su	2/28-4/18	11:30 AM-12 PM \$62/\$78



# Aquatics

## Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. ♥

Age: 3-5				M/NM
30462	W	1/6-2/17	2-2:30 PM	\$62/\$78
30461	Th	1/7-2/18	9:30-10 AM	\$62/\$78
30465	Sa	1/9-2/20	9-9:30 AM	\$62/\$78
30463	Sa	1/9-2/20	11:25-11:55 AM	\$62/\$78
30467	Su	1/10-2/21	9:15-9:45 AM	\$62/\$78
30470	Su	1/10-2/21	11-11:30 AM	\$62/\$78
30469	W	2/24-4/14	2-2:30 PM	\$62/\$78
30749	Th	2/25-4/15	9:30-10 AM	\$62/\$78
30466	Sa	2/27-4/17	9-9:30 AM	\$62/\$78
30464	Sa	2/27-4/17	11:25-11:55 AM	\$62/\$78
30468	Su	2/28-4/18	9:15-9:45 AM	\$62/\$78
30471	Su	2/28-4/18	11-11:30 AM	\$62/\$78

## Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. ♥

Age: 3-5				M/NM
30474	Sa	1/9-2/20	8:25-8:55 AM	\$62/\$78
30472	Sa	1/9-2/20	9:35-10:05 AM	\$62/\$78
30476	Su	1/10-2/21	8:40-9:10 AM	\$62/\$78
30475	Sa	2/27-4/17	8:25-8:55 AM	\$62/\$78
30473	Sa	2/27-4/17	9:35-10:05 AM	\$62/\$78
30477	Su	2/28-4/18	8:40-9:10 AM	\$62/\$78



## Fearful Floaters

Designed for the apprehensive child, this class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson. ♥

Age: 4-6				M/NM
30537	M	1/4-2/15	4:30-5 PM	\$67/\$84
30539	W	1/6-2/17	4:30-5 PM	\$67/\$84
30538	M	2/22-4/12	4:30-5 PM	\$67/\$84
30540	W	2/24-4/14	4:30-5 PM	\$67/\$84

*Find Out What's  
Happening*

**“This Week in  
Rockville”**

- Recreation and Parks programs
- Special Events
- Important meetings and more

**Sent every Thursday to give you a  
look at the week ahead.**

**Sign up today**

[www.rockvillemd.gov/contacts/listservs.html](http://www.rockvillemd.gov/contacts/listservs.html)  
(choose “City Events”)

**Our Web site is updated daily.**

- Weather
- Scores
- News

**Check it out!**

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)



# Aquatics

## Preschool Swim

We love parents . . . but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

### Floaters 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kicking and arm stroking as well as putting their face in the water. Children will learn to swim five yards on their front and back. ♥

Age: 4-6				M/NM
30567	M	1/4-2/15	3:30-4 PM	\$67/\$84
30581	M	1/4-2/15	4-4:30 PM	\$67/\$84
30573	Tu	1/5-2/16	4:30-5 PM	\$67/\$84
30583	Tu	1/5-2/16	5-5:30 PM	\$67/\$84
30587	Tu	1/5-2/16	5:30-6 PM	\$67/\$84
30585	W	1/6-2/17	4-4:30 PM	\$67/\$84
30589	Th	1/7-2/18	5:30-6 PM	\$67/\$84
30565	F	1/8-2/19	3:30-4 PM	\$67/\$84
30591	F	1/8-2/19	4:30-5 PM	\$67/\$84
30562	Sa	1/9-2/20	9-9:40 AM	\$67/\$84
30563	Sa	1/9-2/20	10:30-11:10 AM	\$67/\$84
30564	Sa	1/9-2/20	11:15-11:55 AM	\$67/\$84
30569	Su	1/10-2/21	9-9:40 AM	\$67/\$84
30570	Su	1/10-2/21	9:45-10:25 AM	\$67/\$84
30571	Su	1/10-2/21	10:30-11:10 AM	\$67/\$84
30572	Su	1/10-2/21	11:15-11:55 AM	\$67/\$84
30568	M	2/22-4/12	3:30-4 PM	\$67/\$84
30582	M	2/22-4/12	4-4:30 PM	\$67/\$84
30575	Tu	2/23-4/13	4:30-5 PM	\$67/\$84
30584	Tu	2/23-4/13	5-5:30 PM	\$67/\$84
30588	Tu	2/23-4/13	5:30-6 PM	\$67/\$84
30586	W	2/24-4/14	4-4:30 PM	\$67/\$84
30590	Th	2/25-4/15	5:30-6 PM	\$67/\$84
30566	F	2/26-4/16	3:30-4 PM	\$67/\$84
30592	F	2/26-4/16	4:30-5 PM	\$67/\$84
30574	Sa	2/27-4/17	9-9:40 AM	\$67/\$84
30576	Sa	2/27-4/17	10:30-11:10 AM	\$67/\$84
30593	Sa	2/27-4/17	11:15-11:55 AM	\$67/\$84
30577	Su	2/28-4/18	9-9:40 AM	\$67/\$84
30578	Su	2/28-4/18	9:45-10:25 AM	\$67/\$84
30579	Su	2/28-4/18	10:30-11:10 AM	\$67/\$84
30580	Su	2/28-4/18	11:15-11:55 AM	\$67/\$84

### Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front/ back glides, kicking, arm strokes and rhythmic breathing. ♥

Age: 4-6				M/NM
30594	M	1/4-2/15	4-4:30 PM	\$67/\$84
30596	Tu	1/5-2/16	5-5:30 PM	\$67/\$84
30598	W	1/6-2/17	3:30-4 PM	\$67/\$84
30614	Th	1/7-2/18	4:30-5 PM	\$67/\$84
30600	Th	1/7-2/18	5-5:30 PM	\$67/\$84
30612	F	1/8-2/19	3:30-4 PM	\$67/\$84
30602	F	1/8-2/19	4-4:30 PM	\$67/\$84
30604	Sa	1/9-2/20	9:45-10:25 AM	\$67/\$84
30605	Sa	1/9-2/20	11:15-11:55 AM	\$67/\$84
30606	Su	1/10-2/21	9:45-10:25 AM	\$67/\$84
30607	Su	1/10-2/21	11:15-11:55 AM	\$67/\$84
30595	M	2/22-4/12	4-4:30 PM	\$67/\$84
30597	Tu	2/23-4/13	5-5:30 PM	\$67/\$84
30599	W	2/24-4/14	3:30-4 PM	\$67/\$84
30615	Th	2/25-4/15	4:30-5 PM	\$67/\$84
30601	Th	2/25-4/15	5-5:30 PM	\$67/\$84
30613	F	2/26-4/16	3:30-4 PM	\$67/\$84
30603	F	2/26-4/16	4-4:30 PM	\$67/\$84
30608	Sa	2/27-4/17	9:45-10:25 AM	\$67/\$84
30609	Sa	2/27-4/17	11:15-11:55 AM	\$67/\$84
30610	Su	2/28-4/18	9:45-10:25 AM	\$67/\$84
30611	Su	2/28-4/18	11:15-11:55 AM	\$67/\$84



# Aquatics

## Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught. ♥

Age: 4-7				M/NM
30626	M	1/4-2/15	4:30-5 PM	\$67/\$84
30628	W	1/6-2/17	4-4:30 PM	\$67/\$84
30630	Th	1/7-2/18	5-5:30 PM	\$67/\$84
30632	F	1/8-2/19	4:30-5 PM	\$67/\$84
30634	Sa	1/9-2/20	9:45-10:25 AM	\$67/\$84
30635	Su	1/10-2/21	9-9:40 AM	\$67/\$84
30636	Su	1/10-2/21	11:15-11:55 AM	\$67/\$84
30627	M	2/22-4/12	4:30-5 PM	\$67/\$84
30629	W	2/24-4/14	4-4:30 PM	\$67/\$84
30631	Th	2/25-4/15	5-5:30 PM	\$67/\$84
30633	F	2/26-4/16	4:30-5 PM	\$67/\$84
30637	Sa	2/27-4/17	11:15-11:55 AM	\$67/\$84
30638	Su	2/28-4/18	9-9:40 AM	\$67/\$84

## Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke. ♥

Age: 4-7				M/NM
30646	Tu	1/5-2/16	5:30-6 PM	\$67/\$84
30639	W	1/6-2/17	4:30-5 PM	\$67/\$84
30650	Th	1/7-2/18	4:30-5 PM	\$67/\$84
30642	Sa	1/9-2/20	9-9:40 AM	\$67/\$84
30643	Su	1/10-2/21	10:30-11:10 AM	\$67/\$84
30647	Tu	2/23-4/13	5:30-6 PM	\$67/\$84
30640	W	2/24-4/14	4:30-5 PM	\$67/\$84
30651	Th	2/25-4/15	4:30-5 PM	\$67/\$84
30644	Sa	2/27-4/17	9:45-10:25 AM	\$67/\$84
30641	Sa	2/27-4/17	10:30-11:10 AM	\$67/\$84
30645	Su	2/28-4/18	11:15-11:55 AM	\$67/\$84

## Children's Swim

We love parents . . . but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

### Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breast stroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team. ♥

Age: 5-6				M/NM
30619	Th	1/7-2/18	5:30-6 PM	\$67/\$84
30618	Th	2/25-4/15	5:30-6 PM	\$67/\$84

### Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breast stroke. Breast stroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to enroll. ♥

Age: 7+				M/NM
30620	Sa	1/9-2/20	9:45-10:25 AM	\$62/\$77
30623	Su	1/10-2/21	10:30-11:10 AM	\$62/\$77
30622	Su	1/10-2/21	12-12:40 PM	\$62/\$77
30621	Sa	2/27-4/17	11:15-11:55 AM	\$62/\$77
30624	Su	2/28-4/18	9:45-10:25 AM	\$62/\$77
30625	Su	2/28-4/18	10:30-11:10 AM	\$62/\$77



## "Now Hiring"



Lifeguards, Water and Land  
Fitness Instructors

[www.rockvillemid.gov/swimcenter](http://www.rockvillemid.gov/swimcenter)

240-314-8756



# Aquatics

## Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2. ♥

Age: 6+				M/NM
30652	W	1/6-2/17	3:30-4 PM	\$62/\$77
30661	F	1/8-2/19	4-4:30 PM	\$62/\$77
30654	Sa	1/9-2/20	9:45-10:25 AM	\$62/\$77
30655	Sa	1/9-2/20	10:30-11:10 AM	\$62/\$77
30656	Su	1/10-2/21	10:30-11:10 AM	\$62/\$77
30659	Su	1/10-2/21	12-12:40 PM	\$62/\$77
30653	W	2/24-4/14	3:30-4 PM	\$62/\$77
30662	F	2/26-4/16	4-4:30 PM	\$62/\$77
30657	Sa	2/27-4/17	9-9:40 AM	\$62/\$77
30658	Su	2/28-4/18	10:30-11:10 AM	\$62/\$77
30660	Su	2/28-4/18	12-12:40 PM	\$62/\$77

## Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught. ♥

Age: 6+				M/NM
30671	M	1/4-2/15	3:30-4 PM	\$62/\$77
30668	Tu	1/5-2/16	4:30-5 PM	\$62/\$77
30663	Sa	1/9-2/20	9-9:40 AM	\$62/\$77
30664	Sa	1/9-2/20	10:30-11:10 AM	\$62/\$77
30665	Su	1/10-2/21	9-9:40 AM	\$62/\$77
30666	Su	1/10-2/21	12-12:40 PM	\$62/\$77
30672	M	2/22-4/12	3:30-4 PM	\$62/\$77
30669	Tu	2/23-4/13	4:30-5 PM	\$62/\$77
30667	Sa	2/27-4/17	9:45-10:25 AM	\$62/\$77
30670	Su	2/28-4/18	12-12:40 PM	\$62/\$77

## Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn stroke improvement, back crawl, whip kick, treading water and rhythmic breathing. ♥

Age: 6+				M/NM
30674	Sa	1/9-2/20	9-9:40 AM	\$62/\$77
30676	Su	1/10-2/21	9:45-10:25 AM	\$62/\$77
30677	Su	1/10-2/21	10:30-11:10 AM	\$62/\$77
30678	Su	1/10-2/21	12-12:40 PM	\$62/\$77
30679	Sa	2/27-4/17	9-9:40 AM	\$62/\$77
30675	Sa	2/27-4/17	10:30-11:10 AM	\$62/\$77
30680	Su	2/28-4/18	9-9:40 AM	\$62/\$77
30681	Su	2/28-4/18	10:30-11:10 AM	\$62/\$77
30682	Su	2/28-4/18	12-12:40 PM	\$62/\$77

## Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and back stroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary back stroke and breast stroke as well as butterfly arms. ♥

Age: 6+				M/NM
30683	Sa	1/9-2/20	10:30-11:10 AM	\$62/\$77
30684	Sa	1/9-2/20	11:15-11:55 AM	\$62/\$77
30685	Su	1/10-2/21	9-9:40 AM	\$62/\$77
30687	Su	1/10-2/21	11:15-11:55 AM	\$62/\$77
30689	Sa	2/27-4/17	9-9:40 AM	\$62/\$77
30686	Sa	2/27-4/17	9:45-10:25 AM	\$62/\$77
30688	Sa	2/27-4/17	11:15-11:55 AM	\$62/\$77
30690	Su	2/28-4/18	9:45-10:25 AM	\$62/\$77
30691	Su	2/28-4/18	11:15-11:55 AM	\$62/\$77

## Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breast stroke and side stroke. All other previously learned strokes will be refined. ♥

Age: 6+				M/NM
30692	Sa	1/9-2/20	9-9:40 AM	\$62/\$77
30693	Sa	1/9-2/20	11:15-11:55 AM	\$62/\$77
30694	Su	1/10-2/21	9:45-10:25 AM	\$62/\$77
30695	Su	1/10-2/21	11:15-11:55 AM	\$62/\$77
30696	Sa	2/27-4/17	9:45-10:25 AM	\$62/\$77
30699	Su	2/28-4/18	9-9:40 AM	\$62/\$77
30697	Su	2/28-4/18	9:45-10:25 AM	\$62/\$77
30698	Su	2/28-4/18	12-12:40 PM	\$62/\$77



# Aquatics

## Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of side stroke, all in good form, is required for this class. Children will work on breast stroke, turns and the dolphin kick in addition to refining other strokes. ♥

Age: 6+			M/NM
30700	Sa	1/9-2/20	9:45-10:25 AM \$62/\$77
30701	Sa	1/9-2/20	11:15-11:55 AM \$62/\$77
30702	Su	1/10-2/21	9:45-10:25 AM \$62/\$77
30703	Su	1/10-2/21	10:30-11:10 AM \$62/\$77
30707	Sa	2/27-4/17	9-9:40 AM \$62/\$77
30704	Sa	2/27-4/17	10:30-11:10 AM \$62/\$77
30705	Su	2/28-4/18	9-9:40 AM \$62/\$77
30706	Su	2/28-4/18	11:15-11:55 AM \$62/\$77

## Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and back stroke and one full length (25 yards) of breast stroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Note: Swimmers must have passed Youth 5 and 6 in order to register. ♥

Age: 6+			M/NM
30708	Sa	1/9-2/20	10:30-11:10 AM \$62/\$77
30709	Su	1/10-2/21	9-9:40 AM \$62/\$77
30711	Su	1/10-2/21	12-12:40 PM \$62/\$77
30712	Sa	2/27-4/17	10:30-11:10 AM \$62/\$77
30713	Su	2/28-4/18	10:30-11:10 AM \$62/\$77
30714	Su	2/28-4/18	12-12:40 PM \$62/\$77



## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. ♥

Age: 14+			M/NM
30425	Tu	1/5-2/16	8:20-9:05 PM \$62/\$77
30424	W	1/6-2/17	8:30-9:15 PM \$62/\$77
30426	Tu	2/23-4/13	8:20-9:05 PM \$62/\$77
30427	W	2/24-4/14	8:30-9:15 PM \$62/\$77

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breast stroke will be demonstrated. Adult Beginner 1 is recommended prior to taking this class. ♥

Age: 14+			M/NM
30428	W	1/6-2/17	8:30-9:15 PM \$62/\$77
30430	Th	1/7-2/18	8:20-9:05 PM \$62/\$77
30429	W	2/24-4/14	8:30-9:15 PM \$62/\$77
30431	Th	2/25-4/15	8:20-9:05 PM \$62/\$77

### Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary back stroke and breast stroke. Adult Beginner 2 is recommended prior to taking this class. ♥

Age: 14+			M/NM
30433	Tu	1/5-2/16	8:20-9:05 PM \$62/\$77
30432	Tu	2/23-4/13	8:20-9:05 PM \$62/\$77

### Adult Beginner 4

Swimmers who can swim one length of the pool but still need work on endurance and technique should take this class. Rhythmic breathing and treading water are required. Front and back crawl, breast stroke, elementary back stroke and side stroke techniques will be stressed. Adult Beginner 3 is recommended prior to taking class. Skills will be taught to prepare students for Adult Stroke Correction. ♥

Age: 14+			M/NM
30438	Th	1/7-2/18	8:20-9:05 PM \$62/\$77
30439	Th	2/25-4/15	8:20-9:05 PM \$62/\$77



# Aquatics

## Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for Beginners. Adult Beginner 4 is recommended prior to attending. ♥

Age: 14+				M/NM
30734	Th	1/7-2/18	10:10-10:55 AM	\$62/\$77
30735	Th	2/25-4/15	10:10-10:55 AM	\$62/\$77

## Adult Water Fitness

### Aqua Blast

Have a blast in our fast-paced, deep-water exercise class. Ideal for anyone who wants a vigorous workout first thing in the morning. The class consists of a variety of cardiovascular exercises designed to improve endurance and strengthen the heart. It includes concentrated segments for abdominals, as well as barbell work for muscle toning. ♥

Age: 18+				M/NM
30440	Tu & Th	1/5-4/15	6:35-7:20 AM	\$126/\$156

### Aqua Boot Camp *New*

This fast paced class is designed to help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size, or fitness level, you can achieve very noticeable results. An excellent workout for those whose schedules allow just one day a week to attend or as a great addition to participating in some of our other programs. ♥

Age: 14+				M/NM
30730	F	1/8-4/16	10:10-10:55 AM	\$63/\$78



## Aqua Fitness

Enjoy a low-impact, high intensity program designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided. ♥

Age: 16+				M/NM
30449	M & W	1/4-4/14	8:30-9:15 AM	\$126/\$156
30450	M & W	1/4-4/14	9:15-10 AM	\$126/\$156
30452	Tu & Th	1/5-4/15	8:30-9:15 AM	\$126/\$156
30453	Tu & Th	1/5-4/15	9:15-10 AM	\$126/\$156
30451	W & F	1/6-4/16	8:30-9:15 AM	\$126/\$156
30454	F	1/8-4/16	8:30-9:15 AM	\$63/\$78
30455	F	1/8-4/16	9:15-10 AM	\$63/\$78

## Aqua Jog

This class utilizes the whole pool creating a total body workout. The shallow water offers a low impact, strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a higher level of fitness without impact. ♥

Age: 14+				M/NM
30458	M & W	1/4-4/14	10:15-11 AM	\$126/\$156

## Deep Water Workout

Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy. Work your legs and help tone your whole body. Music may be used. ♥

Age: 16+				M/NM
30532	M	1/4-4/12	9:15-10 AM	\$63/\$78
30535	Tu	1/5-4/13	7:35-8:20 PM	\$63/\$78
30533	W	1/6-4/14	9:15-10 AM	\$63/\$78
30536	Th	1/7-4/15	7:35-8:20 PM	\$63/\$78
30534	F	1/8-4/16	9:15-10 AM	\$63/\$78

## H2O Walking

Join our fitness program that includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio respiratory fitness. Thirty minutes of water walking equals two hours of land walking. Taught in deep and shallow water. Music may be used. ♥

Age: 15+				M/NM
30541	M	1/4-4/12	9:20-10:05 AM	\$63/\$78
30544	Tu	1/5-4/13	7:35-8:20 PM	\$63/\$78
30542	W	1/6-4/14	9:20-10:05 AM	\$63/\$78
30545	Th	1/7-4/15	7:35-8:20 PM	\$63/\$78
30543	F	1/8-4/16	9:20-10:05 AM	\$63/\$78



# Aquatics

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, back stroke and breast stroke are emphasized. Students do not have to be proficient swimmers to enroll but must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.



Age: 15+				M/NM
30553	Tu	1/5-4/13	9:15-10 PM	\$64/\$81
30552	Tu	1/5-4/13	11:10-11:55 AM	\$64/\$81
30555	Th	1/7-4/15	9:15-10 PM	\$64/\$81
30554	Th	1/7-4/15	11:10-11:55 AM	\$64/\$81

## Twinges in Your Hinges

Take your aches and pains to the pool and leave them behind when you go. Designed for, but not limited to, those suffering from arthritis and other related ailments. This low impact class is geared towards increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized.



Age: 14+				M/NM
30556	M & W	1/4-4/14	9:15-10:15 AM	\$147/\$183
30557	Tu & Th	1/5-4/15	8:30-9:30 AM	\$147/\$183

## Water Running & Conditioning

This non-impact, high-intensity program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes will be held in deep water and students use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.



Age: 18+				M/NM
30558	Tu	1/5-4/13	10:10-10:55 AM	\$63/\$78
30560	Tu & Th	1/5-4/15	10:10-10:55 AM	\$126/\$156
30559	Th	1/7-4/15	10:10-10:55 AM	\$63/\$78



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**Great gifts for the Holidays...**



## RockvilleRec is now on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services.

**Log on and join at [www.twitter.com](http://www.twitter.com)**

## Senior Swim

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool, and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. You don't need to swim or even get your hair wet. Some swim equipment is used. Note: Senior residents pay the member fee.



Age: 60+				M/NM
30423	Tu & Th	1/5-4/15	2:05-2:50 PM	\$63/\$79

### Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay the member fee.



Age: 60+				M/NM
30550	M, W & F	1/4-4/16	10:10-10:55 AM	\$95/\$117

### Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. Note: Senior residents pay the member fee.



Age: 60+				M/NM
30549	M, W & F	1/4-4/16	11:05-11:50 AM	\$95/\$117

### Senior Exercise Swim

Need to stop those aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay the member fee.



Age: 60+				M/NM
30551	M & W	1/4-4/14	2:35-3:20 PM	\$63/\$79



## Special Swim

### Aqua Gait Training

This exercise class is for participants of pre- or post-knee or hip replacement/surgery. It is intended to strengthen and tone muscles and help restore balance and flexibility. It is taught in waist deep water. Students will use the ramp entry to the North Pool and must be able to walk with minor assistance. A doctor's approval is recommended prior to the start of class. ♥

Age: 16+				M/NM
30456	Tu & Th	1/5-2/18	9:35-10:05 AM	\$65/\$80
30457	Tu & Th	2/23-4/15	9:35-10:05 AM	\$65/\$80

### Aqua Pre & Post-Natal Workout

Designed with the needs of women who are currently pregnant or recently delivered, this low-impact class will help keep you fit during and after your pregnancy. Consult your doctor before enrolling. ♥

Age: 18+				M/NM
30528	F	1/8-2/19	10:10-10:55 AM	\$35/\$42
30529	F	2/26-4/16	10:10-10:55 AM	\$35/\$42

### Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise program. Tailored to individual needs. ♥

Age: 18+				M/NM
30460	Tu & Th	1/5-4/15	10:10-10:55 AM	\$147/\$185

### Lifeguard Pre-Test

Participants must be 15 years old by course completion and attendance to all classes is mandatory. Participants must be able to swim 300 yards (100 breaststrokes, 100 front crawls, 100 breast or free style). Afterward, students will swim 20 yards, dive down 7-10 feet of water and retrieve a 10-pound diving brick, return 20 yards and exit pool in 100 seconds. You must pass a re-test to register for Lifeguard Training. The Lifeguard class will begin at the conclusion of the pre-test. ♥

Age: 15+				M/NM
30727	Th	3/11	7-10:30 PM	\$20/\$20
30729	M	3/29	4-5 PM	\$20/\$20

Exercise doesn't have to be on land...  
30 minutes of water walking =  
two hours on land

## Aquatics



### Lifeguard Training

Applicants must pass the pre-test to participate in this course which includes First Aid and CPR-FPR. Participants must be 15 years old by course completion. This is an American Red Cross class. ♥

Age: 15+				M/NM
30739	Th	3/11-5/13	7-10:30 PM	\$155
30738	M-Sa	3/29-4/3	5-10 PM	\$155

### Rockville Masters Swimming

This program is designed specifically for swimmers who are competing in the Masters Program of U.S. Swimming, Inc. Those participating in the RMSC group will not, however, be required to attach to RMSC for team purposes. This class is a structured swim workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. ♥

Age: 18+				M/NM
30546	M, W & F	1/4-4/16	6:30-7:30 AM	\$189/\$231
30547	M & W	1/4-4/14	6:30-7:30 AM	\$141/\$175
30548	M	1/4-4/12	6:30-7:30 AM	\$81/\$101

### Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability. ♥

Age: 18+				M/NM
30561	Tu	1/5-4/13	9:40-11 AM	\$110/\$138

## ROCKVILLE SWIM and FITNESS CENTER



### Fitness Room Featuring:

- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment & Free Weights

Meeting Room & Kitchenette  
(available for rentals & parties)

**240-314-8750**

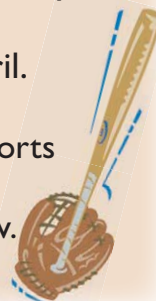
**[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)**

## Officials Needed

### Youth and Adult Leagues.

- **Youth Baseball** – Weekday eves & weekends. Training in late March.
- **Youth & Adult Softball** – Weekday eves. & weekends. Training March and early April.

For more information call the Sports Division team at 240-314-8651, or e-mail at [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov).



## We don't SPAM...



Periodically you will receive emails about upcoming registration dates, weather-related closings, special promotions or new programs.

It is important that you have a valid e-mail address in our database. If you change e-mail addresses, move, or need to add a family member to your account, please send us an e-mail at [RockEnroll @rockvillemd.gov](mailto:RockEnroll@rockvillemd.gov).

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